

## 6 Wall angel

exercises to be carried out only under the instruction of your chiropractor



**A** Stand with your back against the wall.



**B** Place your arms above head height, with the backs of your hands pressed against the wall.



**C** Run your hands down the wall as far as possible making sure you keep hands and shoulders in contact with the wall.  
Hold for 7 seconds and release.

*Repeat 5 times, 3 times a day.*